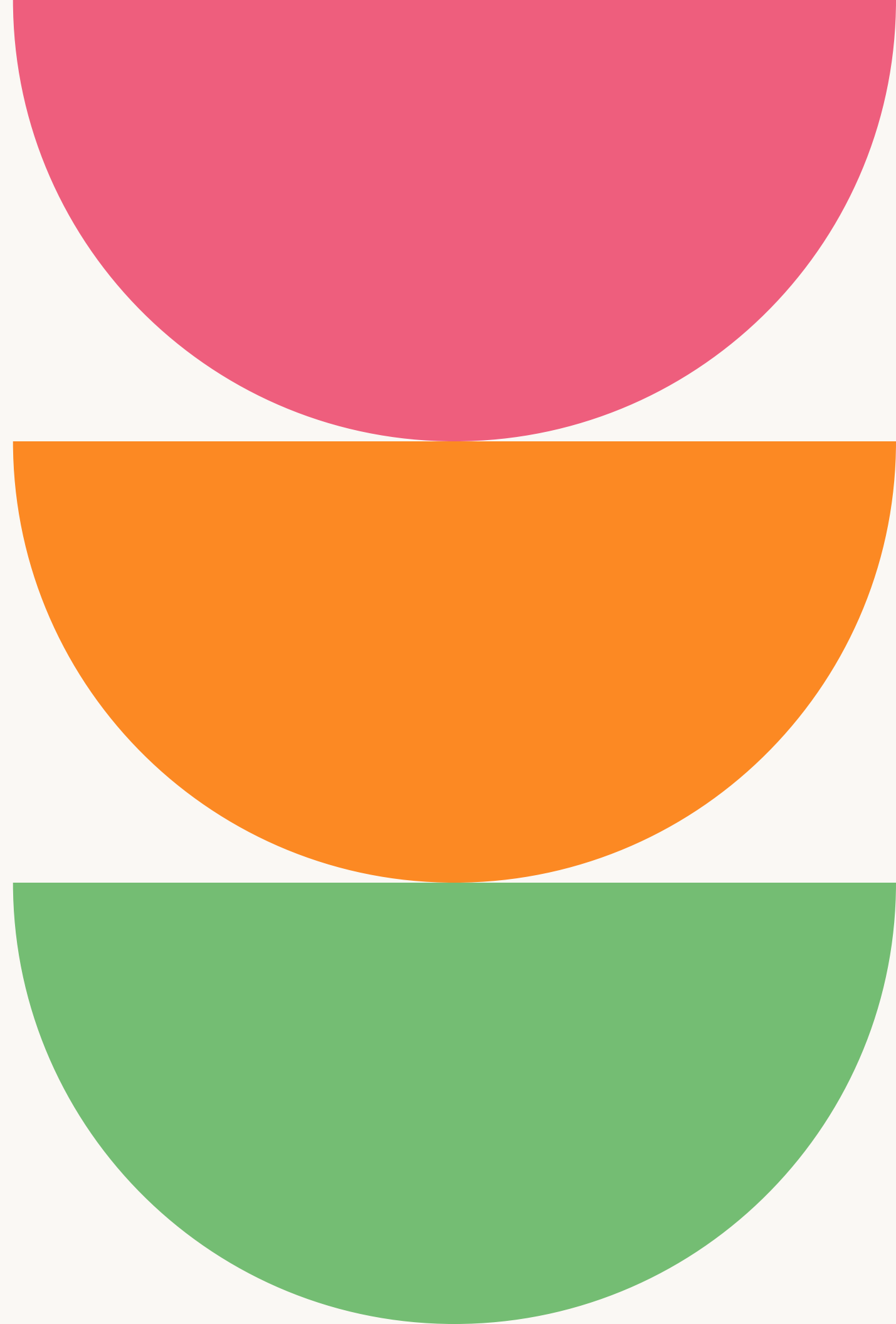




OneHome

SAVE MONEY AND ENERGY IN YOUR HOME

Actions for any budget



WELCOME

Welcome to our guide on how to cut energy bills and carbon pollution in your home. We've produced a video on energy saving measures as well so, if you haven't watched it yet, [you can find it here](#).

At One Home, we want to empower you to make changes that are good for the planet and your pocket. We are living through turbulent times and the impact of political events and climate change is being felt by us all in the UK and beyond. Energy prices have doubled and are set to stay high for years to come. But there are steps we can all take at home.

This guide gives in-depth practical information on actions that will help stop your home losing heat and therefore help avoid wasting money. Energy efficiency is not just a solution to the gas crisis, but also helps to reduce our carbon footprint. We've broken these steps down into a variety of budgets – just click on the section that matches what you can afford.

As individuals, we may not be able to change what's happening in the world at large but it feels good to act on the things we can control. By doing so, you are in a powerful collective who are part of the solution to the climate crisis.



Angela Terry
Founder of One Home



Budgets

Actions for no cost

Actions for under £100

Actions for around £1,000

Actions for over £1,000

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ACTIONS FOR NO COST

For no money at all, you can take a few simple steps that will help to make a difference.

Know your heating

By turning your thermostat down by one degree, you can save an estimated £145 per year.

Think about extra layers and blankets before you head to the thermostat. Read more about how to “heat the human” at [Money Saving Expert](#).

Dig out the manual for your heating system and keep it nearby. If you can’t find it, try searching for it at [Free Boiler Manuals](#) or search for a tutorial online.

Programme your heating so that radiators aren’t blasting out heat while you aren’t in the house. If you have a hot water tank rather than a combi boiler, check that your hot water isn’t on constantly.

Adjust your radiators

Thermostatic Radiator Valves (TRVs) allow you to create different heating levels throughout your home.

Turn valves clockwise to shut off the radiator and anti-clockwise to turn it on.

For rooms you don’t use often, turn TRVs to the * or 1 setting so the radiators come on if the room temperature gets below 7 degrees.

Otherwise, set your TRVs to 2 or 3 in the winter and leave them at that setting for the season if its comfortable. Depending on your system, this should keep the room at between 15-18 degrees.

ACTION	COST	EST. SAVINGS PER YEAR
Switch off standby appliances at the plug	£0	£60
Don't use tumble drier	£0	£60
Wash clothes at 30 degrees	£0	£30
Swap one bath a week for a shower	£0	£17
Don't overfill the kettle	£0	£37
Reduce dishwasher use by one load a week	£0	£15
Turn down heating by 1 degree	£0	£145
Turn off radiators in unused rooms	£0	£55
Install water efficient shower head, available free of charge from your water company	£0	£45
Turn off lights	£0	£25
Limit showers to 4 min	£0	£75

And finally...

- Keep all curtains and blinds shut when dark to help keep heat inside.
- Get water-saving gadgets for free from your water company.
- Lower the flow temperature of your combi boiler and save more than £100 per year **(Based on energy prices as at December 2022)**.

Read more

[Energy Saving Trust – heating your home](#)

[Nesta - Money Saving Boiler Challenge](#)

ACTIONS FOR UNDER £100

Block gaps

Feel for draughts around doors, skirting boards and windows, especially on windy days – and block the gaps.

Different materials can be used. Foam strips are cheap and easy to use. Copper or brush strips last longer but are more expensive. All types come in a range of widths and lengths to match the size of the gap.

Read more: [Energy Saving Trust](#)

Get lagging

Cover all accessible hot water pipes with foam pipe sleeves. If needed, you can use duct tape, wire or cable ties to secure the sleeves. Work out how many pipes you want to insulate and buy in either single one metre lengths or multi-packs.

Read more: [Pipe lagging](#)

Roast your radiator

Reflect energy back into the room by placing silver foil behind your radiators. It's best to buy specialist radiator foil in rolls or sheets. A five-metre roll should be enough to insulate three radiators.

Use only on radiators attached to an external wall. The foil is most effective in uninsulated homes with solid walls.

Read more: [This is money](#)

Secondary glazing film

This thin plastic film is fitted onto single glazed interior window frames and shrinks when heat is applied to form an airtight bubble that reduces cold air coming in. It is great as a short-term option during winter for windows that don't need to be opened.

Read more: [Wikipedia](#)

Mind the gap

Filling gaps in wooden floors stops the draughts. An easy and cheap option is to use an acrylic filler that matches the floor colour. It is applied using a mastic gun and then smoothed with a flat edge, sponge or finger.

There are even easier alternatives, including a specially designed folded tape which is bent lengthways and inserted into the gap, such as [StopGap](#). Even putting a rug down will help.

Read more: [Wikipedia](#)

ACTION	EST. COST PER ITEM	EST. SAVINGS PER YEAR
Draught proofing*		£45
• Windows & doors	£10 per 5m roll	
• Gaps in wooden floors	£10 per tube of acrylic / £25 per 40 metre roll of StopGap	
Radiator foil	£25 per 5m	£25
Pipe lagging	£10 per 5m	£18
Draught proof chimney*	£20 for one chimney balloon	£65
Insulate hot water cylinder to 80mm	£18	£205
Secondary glazing film	£12 per box	Not yet available

* based on fuel prices under the Energy Price Guarantee which ended June 2023.

And finally...

- Turn off lights when not in use and fit low energy light bulbs – LEDs are most efficient.



ACTIONS FOR AROUND **£1,000**

The single, most impactful thing you can do to reduce heat loss quickly is to insulate your loft. A home without loft insulation loses around a quarter of its heat through the roof.

The recommended depth for insulation is 27cm (about one foot). Many people may have some insulation but not enough, so the first task is to see how much you have.

“A home without loft insulation loses around a quarter of its heat through the roof.”

Visit [The Big Loft Insulation Drive](#) to find out how much you could save and join the conversation on social media #KeepTheHeat

Whether you are ‘topping up’ or starting from scratch, the job of laying insulation is a manageable DIY job if you wear protective clothing and seek appropriate advice. Alternatively, you can source an approved installer. Go to the [Trust Mark](#) website to

find tradespeople who are part of this Government endorsed quality scheme. If demand in your area is high, there can be a wait so make enquiries now.

For most lofts, mineral wool or fibre glass is the most popular option. If you’re looking for a natural and sustainable material, sheep’s wool is good although it is more expensive. Avoid spray insulation in your roof as many mortgage lenders will not lend on a home that has used this in the roof.

If you wish to use your loft for storage, you can fit loft stilts to the joists which allow you to place boarding on top of the insulation without compressing it.

A new Government grant for loft insulation and other improvements, the [Great British Insulation Scheme](#), is open to people living in the least energy efficient homes and in certain council tax bands. [Check if you are eligible here.](#)

HOUSE TYPE	INSTALLATION COST	EST. SAVINGS PER YEAR	PAYBACK
Detached	£1,200	£475	2.5 years
Semi-detached	£930	£285	3.5 years
Mid terrace	£880	£260	3.5 years
Detached bungalow	£1,200	£470	2.5 years

Average unsubsidised costs to install insulation (0-270mm) using an approved installer. Energy savings estimates based on a gas-heated home.

Read more

[Energy Saving Trust](#)

[National Insulation Association](#)

[Insulation Assurance Authority](#)

[Great British Insulation Scheme](#)



ACTIONS FOR OVER **£1,000**

A third of your home's heat can be lost through your walls. Tackle this by doing one of the following: insulating interior walls, insulating exterior walls or injecting insulation into cavity walls, which is the cheapest and quickest method. Choose the type of insulation that is appropriate for your walls.

How do you know if you have a cavity wall?

- If your house was built after the 1920s, it probably has cavity walls – an external and internal wall with a gap in between. Houses built from 1990 onwards will have had insulation inserted at the time of construction, in accordance with building regulations.
- You can check your [Energy Performance Certificate](#), if you have one, which may tell you.
- Check the pattern of your brickwork. If you have cavity walls, the exterior bricks will be laid in an even pattern, lengthways. Solid walls will display an uneven brickwork pattern with some laid so that you can see the smaller end of the brick.
- If your bricks are rendered, you can measure the

distance between the indoor and outdoor wall. You can do this by your front door.

- If you're still unsure, a professional can drill a small hole to check for cavities. This is re-filled.

During the work, beads are blown through small holes drilled in the external walls which are then filled in. It is often finished in just a few hours. The work should come with an independent 25-year guarantee.

Installing interior and exterior wall insulation involves major work and can cost upwards of £10,000.

A new government grant for cavity wall insulation and other improvements, the [Great British Insulation Scheme](#), is open to people living in the least energy efficient homes and in certain council tax bands. [Check if you are eligible here.](#)

HOUSE TYPE	INSTALLATION COST	EST. SAVINGS PER YEAR	PAYBACK
Detached	£4,600	£455	10 years
Semi-detached	£2,700	£265	10 years
Mid terrace	£1,500	£155	10 years
Detached bungalow	£2,100	£200	11 years

Average unsubsidised install cost. Energy savings estimates based on a gas-heated home.

Read more

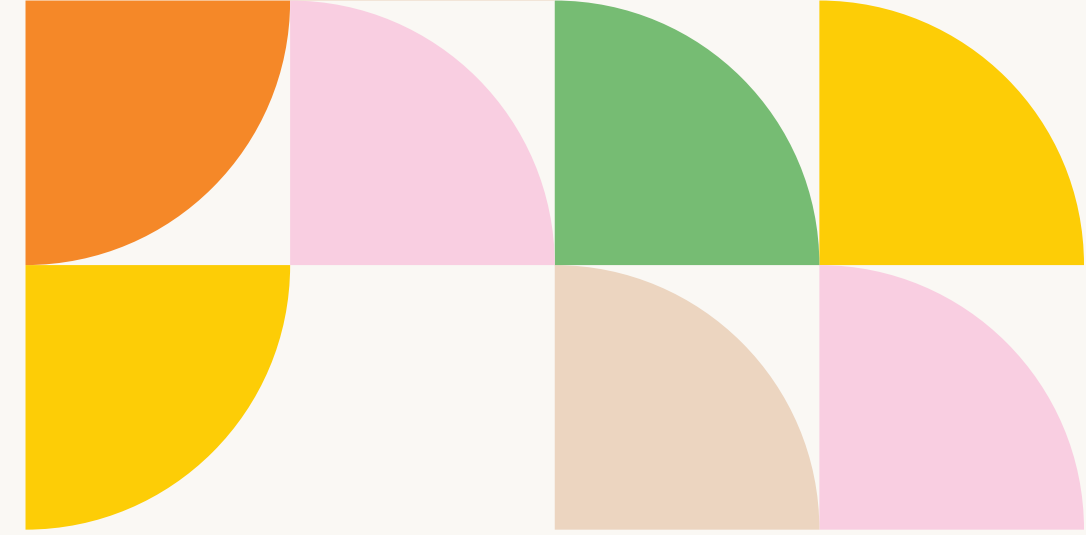
[Energy Saving Trust – solid wall insulation](#)

[Energy Saving Trust – cavity wall insulation](#)

[Great British Insulation Scheme](#)



FINANCIAL SUPPORT AND ADVICE



The Government website has a dedicated section on energy saving: [Help for Households](#).

Find out if your home is eligible for a grant through the Government's [Help to Heat](#) scheme.

A typical household is paying around £2,000 per year for gas and electricity. [Find out more about the Energy Price Cap](#) here.

A Government grant for insulation and other improvements, the Great British Insulation Scheme, is open to people living in the least energy efficient homes and in certain council tax bands.

It is available to homeowners with the least energy efficient homes and in council tax bands A-D in England, A-E in Scotland and Wales. [Check if you are eligible here](#).

To find tradespeople who can help insulate your home, visit [TrustMark](#)

The [Centre for Sustainable Energy](#) has a free phone helpline if you are based in the South West: 0800 082 2234. If you are based in Scotland, call [Home Energy Scotland](#) on: 0808 808 2282 and, for Northern Ireland homeowners, call [Northern Ireland Energy Advice](#) on 0800 111 4455.

The Ofgem website has a [helpful summary of grant schemes](#) including the Warm Home discount, which is for the most vulnerable customers.

Get advice if you're struggling to pay your bills from [Citizens Advice](#)

Find out more about keeping your home warm and cosy at the [One Home](#) website.



We'd love to hear from you. Send us your thoughts or questions.

www.onehome.org.uk

Follow us to keep up to date with the best tips on saving energy:



@ouronehome

Disclaimer

All prices are correct at the time of writing and are based on energy prices as of October 2023 unless otherwise stated.

We endeavour to keep information up to date and correct but it is intended only as a guide. We strongly recommend that you seek independent advice from qualified suppliers or installers and work is carried out at your own risk.

We take no responsibility for information provided by third parties or on third party websites that are listed or linked to via One Home.

In no event will we be liable for any loss or damage whatsoever arising from, or in connection with, the use of this information.

All costs savings are sourced from the Energy Saving Trust and [Sky News](#) analysis of the [Cambridge Energy research report](#) for the Government Department for Business, Energy and Industrial Strategy, which has since been split into the Department for Business and Trade (DBT) and the Department for Energy Security and Net Zero (DESNZ).

